

# STAR of safety

4 ways to help  
a child feel  
safe

## Structure

Having a clear plan that is well communicated is very important for many children. Visual timetables help a child navigate their time well - remember to refer to them regularly and remove activities that have already taken place



## Transition

Many children find it very challenging to move from one activity to another. It is important to plan our transitions well and give clear warning a few minutes before an activity will end. Sandtimers can be a useful tool to visually help a child recognise when an activity will end



## Anchor

Having a familiar anchor can help a child feel safe within their environment. Being in the same small group of children every week and having the same small group leaders can be a brilliant way of helping a child 'anchor' in their surroundings.



## Routine

As adults we often worry children will become easily bored of doing the same things every week - but children love rhythm and routine! It helps them predict what is coming next which can help them feel safe!

